



Costco Printable Grocery List Plan #4

Meats

- 1 - 6 pack chicken breasts, about 6 lbs. \$20.99
- 1 - 6 pack chicken thighs, about 6 lbs. \$21.31
- 1 - 15 ct. chicken apple sausage \$13.99
- 1 package stew beef, about 4 lbs. \$15.04
- 1 package pork chops, 8 count..... \$15.44

Produce

- 1 - 8 lb. bag white onions..... \$6.59
- 1 - 6 pack peppers, multi color \$6.49
- 1 - 5 lb. bag baby carrots \$5.49
- 1 - 8 lb. bag sweet potatoes \$5.99
- 1 - 15 lb. bag gold potatoes \$7.99
- 1 - 5.5 lb. tray of apples \$7.59
- 1 - 24 oz. box of sliced mushrooms (optional) .. \$3.69

Freezer/Pantry Staples

- 1 - 5 lb. bag frozen corn \$5.99
- 1 - 12 pack of chicken broth, 16 oz. each \$9.99
- 8 pack diced tomatoes, 15 oz. cans \$6.29
- 8 pack black beans, 15 oz. cans \$6.79
- 2 pack BBQ sauce \$5.99

Total Cost **\$161.96**

Grocery Store & Pantry Supplies

- 2 - 15 oz. cans coconut milk
- Fresh rosemary sprigs
- Brown sugar
- Lime juice (for the apples)
- Tortillas or tortillas chips, for soup garnish
- Shredded cheese or sour cream, for soup/stew garnishes - optional
- 1 - 15 oz. can diced tomatoes (*this is in addition to the Costco 8 pack*)

- Curry powder
- Italian seasoning
- Ground cumin
- Garlic powder
- Salt
- Pepper

Leftover Ingredients (\$19.56)

BBQ sauce, 1 + 1/2 bottle	\$4 worth	6 boxes of broth	\$5 worth
4 cans black beans	\$3.39 worth	about 4-5 lbs. potatoes	\$2.67 worth
Frozen corn	\$3 worth	2 onions	\$1.50 worth

Estimated Cost After Leftovers \$142.40

(with a few dollars left to get the coconut milk & rosemary from the grocery store!)



Recipes with Ingredients Breakdown

20 Meals from Costco for \$150 - Plan #4

Slow Cooker Freezer Pack Edition

by \$5 Dinners

Recipes:

Slow Cooker Chicken with Apples & Rosemary

Slow Cooker Pork Chops with Apples & Sweet Potatoes

Slow Cooker Sweet Potato Chicken Curry

Slow Cooker Italian Chicken

Slow Cooker BBQ Chicken & Potatoes

Slow Cooker Sausage, Peppers, Onions

Slow Cooker Italian Stew Roast

Slow Cooker Beef Stew

Slow Cooker Chicken Tortilla Soup

Slow Cooker Chicken & Sausage Stew



Recipes with Ingredients Breakdown

Slow Cooker Chicken with Apples & Rosemary

Ingredients:

- 1 chicken breast, 2-3 chicken thighs
- 3 apples, peeled and sliced
- (lime juice)
- ½ onion, diced
- 2 rosemary sprigs
- Salt and pepper

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

Assembly Instructions

Add all ingredients to the pack, in the order they were listed. Remove as much air as you can or vacuum seal the pack. Freeze up to 6 months in a refrigerator freezer, or 12 months in a deep freezer.

Cooking Instructions

Thaw the slow cooker pack in the refrigerator overnight, or in a bowl of warm water for about 30 minutes. If the pack is partially thawed, cook on low for 8-10 hours. If the pack is completely thawed, you can cook on high for 6 hours or low for 8 hours.

Side dish suggestion

I would serve this with some brown rice or warm bread.

Slow Cooker Pork Chops with Apples & Sweet Potatoes

Ingredients

- 4 pork chops
- 2-3 sweet potatoes, peeled and quartered
- 3 apples, peeled and sliced
- ½ onion, diced
- ¼ cup brown sugar
- 3 Tbsp balsamic vinegar (optional)
- Salt and pepper

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Side dish suggestion

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Recipes with Ingredients Breakdown

Slow Cooker Sweet Potato & Chicken Curry

Ingredients

- 1 chicken breast, 2-3 chicken thighs
- 3 sweet potatoes, peeled and quartered
- 2 cups baby carrots
- 1 small onion, chopped
- 15 oz. can light coconut milk (grocery store)
- 1 Tbsp curry powder
- 1 tsp garlic powder
- Salt and pepper

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Side dish suggestion

This one-dish meal doesn't need a side dish, unless you want to add one. I would suggest a simple green salad or broccoli.

Slow Cooker Italian Chicken

Ingredients

- 1 chicken breast, 2-3 chicken thighs
- 3 potatoes, quartered
- 2 cups baby carrots
- 1 15 oz. can diced tomatoes
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper

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Side dish suggestion

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Recipes with Ingredients Breakdown

Slow Cooker BBQ Chicken & Potatoes

Slow Cooker Sausage, Peppers, Onions

Ingredients

- 1 chicken breast, 2-3 chicken thighs
- 1 pepper, diced
- ½ onion
- 3 potatoes, sliced
- BBQ sauce

These ingredients make up 1 pack that serves 4 people. The plan includes enough ingredients for you to make 2 packs.

Ingredients

- 5 sausage links
- 1 pepper, sliced
- 1 onion, sliced
- ½ 15 oz. can diced tomatoes
- Salt and pepper

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Notes: Mix 2 peppers of different colors between the 2 packs split 1 can of diced tomatoes between the packs.

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Side dish suggestion

A simple green salad, some broccoli or a chunk of warm bread.

Side dish suggestion

I would serve this with some warm bread or brown rice.



Recipes with Ingredients Breakdown

Slow Cooker Beef Stew

Ingredients

- ¼ of the stew beef, about 1 lb.
- 3 potatoes, quartered
- 2 cups baby carrots
- 1 15 oz. can diced tomatoes
- 1 cup sliced mushrooms, optional
- 3 cups broth
- 1 Tbsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper

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Side dish suggestion

This one-dish meal doesn't need a side dish, unless you want to add one. I would suggest a simple green salad or broccoli.

Slow Cooker Italian Stew Roast

Ingredients

- ¼ of the stew beef, about 1 lb.
- 1 onion, quartered
- 3 potatoes, sliced
- 2 cups baby carrots
- 1 cup sliced mushrooms, optional
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- Salt and pepper

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Side dish suggestion

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Recipes with Ingredients Breakdown

Slow Cooker Chicken Tortilla Soup

Ingredients

- 1 chicken breast, 2-3 chicken thighs
- ½ onion, chopped
- 2 cups frozen corn
- 1 15 oz. can diced tomatoes
- 1 15 oz. can black beans
- 1 Tbsp ground cumin
- 1 tsp garlic powder
- 1 quart Chicken Stock or Broth

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Side dish suggestion

Garnish with tortilla chips & shredded cheese. I would serve this soup with a side of rice, and if you want to go all out...refried beans too!

Slow Cooker Chicken & Sausage Stew

Ingredients

- 1 chicken breast
- 2 ½ sausage links, sliced
- ½ onion, chopped
- 1 15 oz. can black beans
- 1 15 oz. can diced tomatoes
- 1 pepper, chopped
- 2 cups broth
- 1 tsp garlic powder
- Pepper

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Side dish suggestion

I would serve this with a chunk of warm French bread or brown rice.